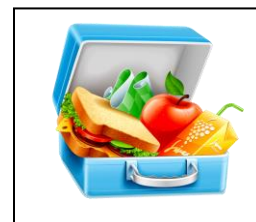


## EMS Safety Bulletin: Eating Healthy for National Nutrition Month

### March is National Nutrition Month and this year's theme is "Savor the Flavor of Eating Right!"

The goal is to encourage everyone to take time to enjoy and appreciate the pleasures and social experiences food can add to our lives.

Registered Dietitian Lynne Frichtl suggests that being mindful of our eating patterns is just as important as being mindful of what we eat. "How, when, why, and where we eat are just as important as what we eat. Make food choices that honor your health and taste buds while making you feel well," she says.



#### Mindfulness:

- **Develop a Mindful Eating Pattern:** How, when, why and where you eat, are just as important as what you eat. Think about where you eat the majority of your meals. Do you eat lunch at your desk or dinner in front of the television? Instead of multitasking through meals, take a few minutes out of your busy schedule to find a decent place to eat mindfully.
- **Appreciate Foods' Pleasures and Flavors:** Take time to appreciate the flavors, textures and overall eating experience. In today's busy world, we often eat quickly and mindlessly. Instead, savor your food, eating slowly one bite at a time to focus on the different flavors and textures. Stop and take time in between bites. Eating slowly not only allows you to enjoy your food, but it also can help you eat less by giving your stomach time to tell your brain you are full.

**Simple ways to add flavor to food without adding extra calories:** Browning / Caramelizing / Roasting / Toasting / Slow cooking / Using (a little) real butter / Using spices

#### Enjoy Food Traditions and Social Experiences:

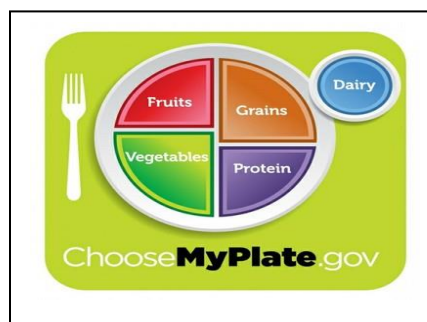
- There is an obvious social component to food. Whether it's a nightly family dinner, a special occasion or social gathering, food often plays a central role. Enjoy the food at these gatherings while also taking time to appreciate the company around you.
- Family meals promote healthier eating and strengthen family relationships

#### Nutritional Tips:

- Add healthy snacks between meals
- Start your day with breakfast
- Occasionally treat yourself to your favorite snack
- Avoid fad diets - *eat a balanced diet rather than trying to avoid "bad" foods/restricting calories*
- Incorporate more fruits, vegetables, whole grains and lean proteins into your day – *try adding one new item at a time to help develop better eating habits*
- Choose to drink water instead of sugary drinks or sodas
- Balance food and beverages with your individual energy needs

Taking the time to enjoy what you eat helps you to develop a healthier relationship with food. Eating healthy food consistently over time is what matters to our overall wellness.

In June 2011, USDA's [MyPlate](http://www.choosemyplate.gov) replaced the MyPyramid image as the U.S. government's primary food group symbol. The USDA's [MyPlate](http://www.choosemyplate.gov) site offers a variety of interactive tools that make it easy for individuals to get a personalized recommendation for their daily calorie level by entering their age, gender and physical activity level.



Sources: [www.eatright.org](http://www.eatright.org), [www.choosemyplate.gov](http://www.choosemyplate.gov), <http://www.lebanondailyrecord.com>, [www.vdh.state.us/environmentalhealth.food/FoodSafety/](http://www.vdh.state.us/environmentalhealth.food/FoodSafety/).

